

R430-90-15 and R430-50-15: CHILD NUTRITION

Purpose

This section provides rules and information about the basic nutritional requirements for the children in care.

Licensed Family 90-15:

(1) If food service is provided:

- (a) The licensee shall ensure that his or her meal service complies with local health department food service regulations.

Residential Certificate 50-15:

(1) If food service is provided:

- (a) The certificate holder shall ensure that his or her meal service complies with local health department food service regulations.

Rationale / Explanation

The purpose of this rule is to ensure that food preparation and service are sanitary in order to reduce the possibility of foodborne illness. Minimum standards for food safety are based on scientific data that demonstrate the conditions required to prevent contamination of food with infectious or toxic substances that cause foodborne illness.

Enforcement

A finding to this rule will be issued if a Licensee/Certificate Holder serves food and does not have a kitchen inspection from his/her local health department.

When parents send unprepared food for their children's meals (for example, a box of macaroni and cheese, butter, and milk) and the provider prepares the food, this is the same as preparing and serving any food and the provider must be in compliance with all applicable rules, except the rule to have the current week's menu available for parent review.

Licensed Family 90-15:

(1) If food service is provided:

- (b) Foods served by license holders not currently participating and in good standing with the USDA Child and Adult Care Food Program (CACFP) shall comply with the nutritional requirements of the CACFP. The licensee shall either use standard Department-approved menus, current menus provided by the CACFP, or menus approved by a registered dietician. Dietitian approval shall be noted and dated on the menus, and shall be current within the past 5 years.

Rationale / Explanation

Nourishing food is the cornerstone for children's health, growth, and development. Because young children grow and develop more rapidly during the first few years of life than at any other time, they must be provided food that is adequate in amount and type to meet their basic metabolic, growth, and energy needs. The CACFP regulations, policies, and guidance materials on meal requirements provide the basic guidelines for good nutrition. *CFOC, 3rd Ed. pgs. 152-154, Standards 4.2.0.1, 4.2.0.3*

Enforcement

Level 2 Noncompliance, except as specified in Level 3.

Level 3 Noncompliance if the Licensee is using non-approved menus not signed and/or dated by a registered dietician, but the meals served meet CACFP nutritional requirements.

A licensee must be in compliance with this rule if the only food served is snacks.

If the menus are approved by a dietician but the approval was more than 5 years ago, a finding will be issued.

If the facility is on the food program, the Licensing Specialist will not check for substitutions.

Punch such as Tang is not a juice. If juice is listed on the menu and punch is served, a finding will be issued.

Licensing does not require portion sizes to be listed as part of the menu.

Licensed Family 90-15:

(1) If food service is provided:

(c) License holders not currently participating and in good standing with the CACFP shall keep a one week record of foods served at each meal or snack.

Rationale / Explanation

The purpose of this rule is to verify that foods actually served to children by providers not participating in CACFP meet children's basic nutritional requirements. *CFOC, 3rd Ed. pgs. 152-154, Standards 4.2.0.1, 4.2.0.3*

Enforcement

Always Level 3 Noncompliance.

The one week record of foods served at each meal must be dated so licensors can determine which foods were served on which dates.

Licensed Family 90-15:

(1) If food service is provided:

(d) The current week's menu shall be available for parent review.

Residential Certificate 50-15:

(1) If food service is provided:

(b) The current week's menu shall be available for parent review.

Rationale / Explanation

Making menus available to parents by posting them in a prominent area or in the sign-in/sign-out book helps to inform parents about proper nutrition and allows parents to know if a food is being served that their child has an allergy to. It also allows parents to plan meals at home that do not duplicate what the child ate at the provider's home that day. *CFOC, 3rd Ed. pgs. 159-160 Standard 4.2.0.9*

Enforcement

Always Level 3 Noncompliance

Licensees/Certificate Holders who use and have available for parent review the monthly food program (CACFP) menu are in compliance with this rule.

Licensees/Certificate Holders who give parents a copy of the menu for the upcoming week/month are in compliance with this rule.

Providers are not in compliance when they wait for children in care to arrive and the children help plan the meals and snacks for that day and then post the menu after the fact. When the provider wants children involved in the preparation of the menu, it will need to be done in advance so an entire week's menu is available for parent review.

When a provider can pull up the menu on his/her computer to show to parents when they ask, then s/he is in compliance with the rule.

Licensed Family 90-15:

(2) The licensee shall ensure that each child in care is offered a meal or a snack at least once every three hours.

Residential Certificate 50-15:

(2) The certificate holder shall ensure that each child in care is offered a meal or a snack at least once every three hours.

Rationale / Explanation

Young children need to be fed often. Appetite and interest in food varies from one meal or snack to the next. To ensure that the child's daily nutritional needs are met, small feedings of nourishing food should be scheduled over the course of a day. Snacks should be nutritious, as they often are a significant part of a child's daily intake of food.

CFOC, 3rd Ed. pgs. 156-157 Standard 4.2.0.5

Enforcement

Always Level 3 Noncompliance.

Meal times will be counted from the end of one meal time to the start of the next meal time. An extra 30 minutes will be allowed at the end of nap time, if needed, to allow children time to wake up from their nap and get ready for snack.

For Licensees/Certificate Holders who provide late evening or overnight care, meals or snacks do not need to be served every three hours after children have gone to bed for the night.

Licensed Family 90-15:

(3) Providers shall serve each child's food on dishes, napkins, or sanitary high chair trays, except for individual serving size items, such as crackers, if they are placed directly in the child's hands. Providers shall not place food on a bare table.

Residential Certificate 50-15:

(3) Providers shall serve each child's food on dishes, napkins, or sanitary high chair trays, except for individual serving size items, such as crackers, if they are placed directly in the child's hands. The provider shall not place food on a bare table.

Rationale / Explanation

Using clean food service dishes and utensils prevents the spread of microorganisms that can cause disease. The surfaces that are in contact with food must be sanitary. Food should not be put directly on the table surface for two reasons. First, even washed and sanitized tables are more likely to be contaminated than washed and sanitized dishes or disposable plates. Second, eating from plates reduces contamination of the table surface when children put down their partially eaten food. *CFOC, 3rd Ed. pg. 178 Standard 4.5.0.2*

Highchair trays function as plates for seated children. Therefore, they should be washed and sanitized the same way as plates and other food service utensils. *CFOC, 3rd Ed. pg. 178 Standard 4.5.0.2*

Enforcement

Always Level 3 Noncompliance.

Licensed Family 90-15:

(4) The licensee shall ensure that food and drink brought in by parents for an individual child's use is labeled with the child's name or another unique identifier, and refrigerated if needed. Children in care shall not be served food or beverages that were brought in for another child.

Residential Certificate 50-14:

(4) The certificate holder shall ensure that food and drink brought in by parents for an individual child's use is labeled with the child's name or another unique identifier, and refrigerated if needed. Children in care shall not be served food or beverages that were brought in for another child.

Rationale / Explanation

The purposes of this rule are to ensure that children are not accidentally served food brought by another child, and to ensure that food brought from home does not cause foodborne illness. Foodborne illness and poisoning is a common occurrence when food has not been properly refrigerated and covered. Although many of these illnesses are limited to vomiting and diarrhea, some are life-threatening. *CFOC, 3rd Ed. pg. 182 Standard 4.6.0.1*

Enforcement

Always Level 3 Noncompliance.

Refrigerated can include being in a lunch container with a cold pack.